

# HEALTH AND FITNESS

**21** Simple Tips to Burn Fat,  
Get Stronger, and  
Increase Energy



**Health and Fitness:  
21 Simple Tips to Burn Fat, Get Stronger,  
and Increase Energy**

# Introduction

Health and fitness...Is that a phrase that fills you with fear? Or excitement and hope for a better body? This book covers every aspect of health and fitness that you could possibly want to know about. You could be looking for ways to jumpstart weight loss. You could be trying to build up muscle and get a more toned physique. You could want to improve your general fitness and to build up your body to have more energy. You might want to significantly cut your body fat percentage. You might want to be stronger, or faster. Whatever you are looking for, it is never too late to get the body that you deserve.

Let's face it; we all have different physical demands and challenges at different stages of our lives. Your body's capacity to burn fat can significantly slow down as you age. You may also start to feel like you're not as strong as you used to be, or you could even lose interest in physical activities because you just don't have the energy any more. Consequently you might experience a lower mood and less vitality, neither of which are positive feelings. Whether you are younger or older, if you're currently at that stage where you want to improve both your physical and emotional well-being, then this book is where you take your first step.

This book, with its 21 entirely practical and scientifically proven tips, aims to teach you how to get your life back on track using only the most natural means possible. From burning more fat faster to developing your body for strength and energy through the perfect workout regime for you, this book is packed with easy to understand information on how you can improve your lifestyle.

## **Who Is this Book For?**

Do you want to lose those extra pounds and extra body fat?

Do you want to build strength?

Do you want to improve your daily energy levels?

More importantly ... Do you want to safeguard your health in the long and short term?

**Well then this book is for you!**

## **What will this book teach you?**

This book contains proven tips and strategies that will help you achieve an outstanding health and fitness level.

However, this book is no magic. Reading this book alone will not help you reach your potential. I strongly encourage you to not only read my book, but to also take action and apply the strategies I teach you, into your life.

Once you start applying the tips and strategies, you will see amazing results!

Now, if you are ready to commit and put in this extra effort, then you are ready to start reading this book...

Let's jump in!

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## **Tip #1: CARDIO BEFORE BREAKFAST**

Many people think that doing aerobic exercise is enough to burn fat, but the truth is, the type of exercise that you do is just as important as the time when you do it. Doing a 30-minute session of moderate intensity exercise in the afternoon will not burn as much fat as a 30-minute session done first thing in the morning, before you take breakfast.

Exercising on an empty stomach takes advantage of the fact that the body doesn't have immediate glycogen levels to burn for fuel. What it burns instead is your stored fat which it uses to sustain the workout. If you wait until after breakfast to work out, your body will make use of the fuel from your last meal and just store unused calories into fat. This is a situation that you should avoid if your main fitness goal is to burn stored fat.

A recent study that looked into the optimum way to exercise to burn fat turned up some exciting results. It tested two groups of people, one where everyone ate breakfast and one where they had not eaten since the night before. Body groups then exercised and the results were analyzed. They clearly showed that people who exercised on an empty stomach before breakfast burned up to an incredible 20 per cent more body fat than the people who ate breakfast. Worth remembering when you are serious about getting rid of body fat!

Exercising in the morning can also put you in a great mood and encourage your body to wake up all its vital systems properly. Also, it has been proven that by exercising in the morning you are more likely stick to it. After all, it is easier to enjoy some time and peace to do your exercise before the day gets too busy and the many distractions start competing for your attention. Another great thing about doing your workouts in the morning is that you'll be over and done with it before you even get started with your day. By the time you have your breakfast, you're already done with it!

Make exercise a good daily habit by picking something you generally enjoy that will get you out of breath and your heart beating faster. Some recommended cardio exercise options, which take just 30 minutes include:



Running or jogging (5 mph) = 295 calories

Bicycling (10 mph or more) = 195 calories

Swimming (slow freestyle) = 255 calories

Aerobics = 240 calories

Basketball = 220 calories

Walking fast (3.5 miles mph) = 140 calories

Biking (less than 10 mph) = 145 calories

Dancing = 165 calories

Another benefit to getting a good morning sweat on is that it instantly puts you in the zone, allowing you to be energetic for the day ahead. That is more than just a psychological benefit. Studies have shown that exercise raises your metabolic rate, which also remains higher than normal after you have stopped exercising. So, if you go for a morning jog, for example, you will be burning more calories when you've finished than if you had done no jogging at all. If you exercise in the evening before bed, you lose this benefit as the metabolic rate slows down again when you sleep.

Also, it has been proven that exercise in the morning can ultimately help you sleep better. One major study of overweight women showed that those who carried on regular with consistent morning exercise, for approximately four hours a week, slept better than those who did less exercise. Also, people who exercised in the evening were found to experience even greater trouble falling asleep than they would have if they had done no exercise at all. Not only was their body more 'pumped up' and too excited to easily relax, their minds were more alert too, so they could not switch off. While this is a great benefit when you have a busy day ahead, it is not exactly what you want when you are trying to go to bed.

This is an important tip to consider, because there is a definite connection between sleep and weight loss. Poor quality or insufficient sleep affects the hormones that control appetite. We look into the benefits

of sleep more in Tip #8.

So, exercise early and enjoy burning far more calories and sleeping much better as a result. Not only will you feel fantastic during the day, but you will be doing your body a real favor as you improve the extent to which you can successfully lose weight or keep it off for good.

## **Tip #2: WEIGHTS TO LOSE FAT**

### **(DO WEIGHT TRAINING TO LOSE FAT)**

Many people make the mistake of relying solely on cardio exercises to lose fat. But did you know that the better way to shed those extra pounds is to build muscle instead?

This is a key factor when it comes to changing your body shape for the better. When you build muscle through weight training exercises, you don't just make your body stronger, it also results in significantly faster fat loss. Muscle uses fat as fuel and therefore the more muscle that a body has, the more efficient it is at burning fat.

Muscle tissue burns far more calories - even when you're simply resting - than body fat. When you look at the difference biologically, 10 pounds of muscle would burn 50 calories in a day spent at rest, while 10 pounds of fat would burn just 20 calories. This confirms what we instinctively feel to be true – more muscular bodies work better all around and help to keep the fat storage at bay.

Yet so many of us forget to do any weight training or simply ignore it. While cardio activity may be an effective means to burn stored fat, weight training is the way to go when it comes to muscle development. And you shouldn't ever neglect muscle development because it stimulates a greater metabolic response from your body. It's the only way for your body to burn more calories even when you're at rest.

In order to lose those unwanted pounds, you need to make weight training the core of your fitness program. To incorporate this, start off with 1 or 2 45-minute sessions in a week. Then slowly build it up to 3-4 sessions, allowing at least a day of rest in between. Consider your metabolic response and body type when choosing a specific program to follow – if you belong to a health club or gym, ask their staff to advise you on the most effective exercise. Ultimately, make sure that you choose a program that will help you meet your fitness goals.

However, you do not need to start a complicated regimen or become the

member of an expensive club in order to start weight training on a regular basis. Simply invest in a pair of 5 to 10lb weights, depending on your strength and capabilities, and try out these three simple weight training exercises to get you started.

## **Squat Upwards Press**

This neat move thoroughly works out your quadriceps, hamstrings, butt, abs and shoulders, so enjoy it – it's doing you a lot of good!

1. Stand with your feet roughly shoulder-width apart, with your elbows bent and hold one weight in each hand at shoulder height, with your palms facing forward. Lower your body into a squat, being careful not to let your knees go past your toes. Hold your position for a moment.
2. Now push up through your heels to reach a standing up position, pressing the weight straight up weights overhead.
3. Finally, return to your starting position. Do 3 sets of 15 reps.

## **Step-Up Bicep Curls**

This smart exercise works your quadriceps, hamstrings, butt, abs and biceps.

1. Stand with your left foot on a sturdy bench or step, with one weight in each hand.
2. Putting your weight on your left foot, lift to standing on the step, with your right thigh raised so that it's parallel to the floor. At the same time, curl the weights up toward your shoulders.
3. Return to the starting position. Do 15 reps, then switch sides and repeat. Do 3 full sets.

## **Single-Leg Row**

This effectively works your back, shoulders, biceps, abs, quadriceps, hamstrings and butt.

1. Stand holding a weight in your left hand. Hinge forward so that your back is as flat as possible and almost parallel to floor. Rest your right hand on a chair or low shelf for support. Extend your left arm towards the

floor, palm facing in; lift straight left leg behind you, so your body forms a T.

2. Slowly bend your left elbow and draw the weights up until your elbow is even with your torso; hold for a moment, then lower the weight.
3. Do 15 reps, then switch sides and repeat. Do 3 sets.

Carry out these exercises on a regular basis and not only will your body look slimmer and more toned, but you will start to transform yourself into a far more efficient fat-burning machine! A little muscle gives a lot of benefits, so make sure you do not ignore your weight training if you are eager to shift the fat.

## **Tip #3: ALL CARBS BEFORE 6**

### **(CONSUME ALL CARBOHYDRATES BEFORE 6 PM)**

Don't believe all the diet books you read. Carbs are not the enemy – as one of the major food groups you certainly need some. In fact, it's the main source of fuel for the body. The problem begins when the body takes in too many carbohydrates and has no means of working it off through physical exertion. Carbs are great for providing your body with energy, but if you eat carbs a few hours before bedtime you have only increased your body's insulin output, leading to dreaded fat storage.

When your body produces insulin, the glucose from the carbs is transformed into glycogen, a form of sugar that the muscle stores for future use. When the body's glycogen storage is filled up, the rest of the glycogen is then converted into fat. Without physical exertion to use up the excess glycogen, carbohydrates after 6pm will only turn your body into a storehouse of fat.

So do you work out more at night to burn it off? Experts believe that it's better to just cut the fuel from its source. Eliminating your carbohydrate intake in the evening is far better than trying to burn the excess fat off. We only have so much time in the day and it does not make sense to gorge ourselves on carbs and then spend hours trying to burn it all away with an impossibly vigorous work-out.

This should not be confused with a total ban on all carbs. Sure, your waistline will thank you if you do not go overboard on eating the wrong kinds of starchy carbohydrates, the kind that are found in refined white flour, or potatoes for example. You will find that if you eat too much white bread, pasta, potatoes and baked goods you may develop a weight problem (see Tip #14).

However, healthy carbs are another matter altogether, in particular whole grains, whole wheat, brown rice, quinoa and other minimally processed ingredients. As whole grains really do fill you up, help your digestion work at its best and provide lots of essential nutrients for very few calories, they really are a recipe for slimming success! Eat medium-sized

portions of whole grains at breakfast, such as a slice of whole meal toast, and also at lunch, for example in a brown rice salad with plenty of vegetables. The additional health benefits of eating whole grains include a reduced risk of stroke, type 2 diabetes, heart disease, colorectal cancer, asthma and more, so don't hold back, natural, minimally starchy food is fantastic for your health. Tuck in earlier on in the day, just make sure you eat no further carbs for dinner after 6pm.

Some people argue that there is no foundation for this carb curfew, but that is because they misunderstand the concept. Your body does not magically know when it is 6pm and therefore simply start to hold onto extra calories. In general, eating carbs at night is not always automatically going to do your weight great harm provided you are staying within your total macronutrient needs. However, the very real problem is that far too many individuals overload during the day and fail to take that into account at each night. That can be compounded by the fact that they choose to entertain or go to restaurants in the evening without considering the build-up of calories. You make your life much easier by simply adjusting your eating habits so that carbs do not feature at all in the evenings – it's a no-brainer.

The other great news is that excluding carbs from dinner really is the easiest and most natural time to go without them. Instead of bowls of pasta or helpings of mashed potato, fill up your plate with green vegetables alongside your lean protein (such as a skinless chicken breast) and enjoy a serving of fruit afterwards. You will drastically lower the calorie content of your meal without changing its ability to fill you up hugely, and consequently you will be able to lose more weight.

As a result of not eating carbs in the evening you may well feel that you are far less bloated and feel more comfortable than previously in the abdominal area, which is a welcome, positive side effect of this healthier diet. At the same time, many people find that they eliminate any residual digestive problems by adopting a diet that contains higher levels of whole grains.

Remember, this is not a quick-fix fad and on balance, the amount of calories that you eat overall is the most important factor in keeping the weight off. But you might be surprised at how much more quickly



stubborn fat starts to shift from tricky areas like your belly once you put this rule of no carbs after 6pm into practice.

## **Tip #4: EAT SMART, EAT OFTEN**

Any fitness expert will tell you that fat loss begins with eating smart and not with working out. Because people have become so engrossed with how much or how little they eat, it's no wonder that more and more fad diets are being introduced in the market each year. It's come to a point where some people are technically starving themselves – all in the name of weight loss. If you're sick and tired of trying out the latest diets just to keep your weight down, you need to learn how to pace your meals and eat smarter. It's really not only the type of food per se that is causing weight gain. It's also when, how and how often you eat food during the day.

Let's face it. Food plays a hugely important role in the body's development. You will always be better off eating loads of low-calorie, high-fiber food, including plenty of fresh fruit and vegetables, healthy lean meats, fish and other protein, plus those whole grains and other minimally processed foods.

When you are selecting foods, make sure you don't skimp on insoluble fiber, such as you find in leafy greens and other vegetables. This is because it is not digested in the stomach and small intestine, it simply passes on into the colon, sweeping through it like a natural brush. Fiber soaks up water to form a soft bulky mass, which moves easily along the digestive tract. Having a high-fiber diet helps your digestion and also helps you to feel fuller for longer and for fewer calories, all of which greatly assists with weight loss.

That aside, you need to eat regular meals, not to get into a destructive habit of bingeing and starving in order to lose weight. After all, if you don't provide the body with the nutrition it needs, then you can't expect it to perform the way you want it to. This is the main reason why eating smart will always be more effective than eating less.

For example, healthy snacks, like carrot sticks, are a top slimming aid - always eat a light healthy snack in the afternoon. There is a great reason for this and it revolves around insulin. A healthy snack boosts your metabolism and balances out your blood sugar. When you keep your

blood sugar lower you keep your insulin levels lower. Insulin needs to be kept low, because it is what tells your body to store fat around your waist. If you eat every 3 or 4 hours, you avoid the great peaks and troughs in your blood sugar levels which are detrimental to your health.

Keep the snacks low calorie and high fiber too. Here are some heart-healthy snacks that will keep you going during the day for very few calories:

- 1 piece of fruit of your choice.
- 2 wholegrain crackers, lightly spread with a mixture of smoked mackerel, mashed with fat-free plain yoghurt and seasoned with pepper.
- Half a small whole-meal roll, toasted and topped with low-fat cottage cheese.
- 150ml fat-free plain yoghurt.
- Crudités – raw cucumber, carrot, celery and radish, as much as you like – with a tablespoon of reduced fat hummus as a dip.
- A hot bowl of organic miso soup – the packets are available from good health stores and supermarkets.
- Apple and a teaspoon of nut butter
- A rye crispbread topped with a sliced tomato and a tablespoonful of low-fat cottage cheese.
- A couple of pinches of mixed seeds
- Homemade ripe banana milkshake (banana, milk, ice, sprinkle of cinnamon, optional)
- A whole grain cereal bar with no added sugar

So, get snack-happy and fire up your sluggish metabolism by eating 4-6 small, nutritionally dense meals or snacks throughout the day instead of

3 big ones. If you live a moderately active lifestyle, this should be enough to keep your energy levels up and your fat-burning capabilities in top shape.

One last note, eating smart includes how you eat. Do not gobble down your food in front of the TV. Concentrate on what you are eating so that your body and mind fully register it and you are likely to feel fuller with less food. Also, never forget that digestion begins long before you swallow. Chew your food properly, until it is ground into a paste in your mouth. That way all the right enzymes can work on the food and start to break it down. If you do not chew your food properly, you are likely to suffer from indigestion and bloating, which work against you when you are trying to lose weight.

Once you master the art of eating smart – which means frequent high-fiber, calorie-controlled meals, properly digested - you won't just feel better, you'll also help your body to develop lean and strong muscles. As long as you choose food that is healthy and all natural, you can expect to enjoy the benefits of having energy that will last you throughout the day.

## **Tip #5: COMBINE CARDIO VARIATIONS**

Many fitness experts believe that the most effective way to lose stubborn fat is through cardio exercise.

Doing cardio, or cardiovascular, exercise refers to doing endurance exercises that strengthen the heart and lungs. Cardio makes the heart beat faster and pumps greater amounts of blood through your system, therefore delivering more nutrients and oxygen to every cell.

So, what is cardio? Cardio means any activity that gets your heart rate to about 50 – 75% of your maximum heart rate. You can roughly calculate your maximum heart rate with the formula: 220 minus your age. If you are thirty years old, for example, it's  $220 - 30 = 190$ .

Here are a few brilliant benefits:

### **Cardio helps you lose weight**

Moving your body around burns calories and the faster you move, the more calories you burn. The essential key to weight loss is to burn more calories than you eat. Cardio burns more calories than weightlifting and is a vital part of any calorie-controlled diet. Just have a realistic idea of how much energy you are burning and don't overeat by mistake.

### **Your heart is a muscle**

The heart is a muscle that needs exercise, too. If it doesn't, it will get weaker like any other muscle. Cardio is the best exercise for your heart – moving around, basically means working your most important muscle. Getting breathless and sweaty are signs that you are giving your heart a proper workout.

### **Cardio delivers more nutrients**

When you do cardio, your body's cells need more oxygen and nutrients. To keep up with this demand, ultimately lungs increase in capacity, the heart is able to pump more blood and the blood vessels are reinforced.

For your cells, this strengthened system means that they get more nutrients delivered all the time. Whereas before your cardiovascular network was like a maze of narrow side streets, it is now a bunch of wide lanes where no delivery trucks get stuck in.

### **Cardio makes your body more efficient**

If do cardio regularly, eventually even when you are not working out, your system will need to work less. The average person has a heartbeat of approximately 80 – 90 bpm, whereas a moderately active runner comes in at 60 – 70. Your systems basically become more efficient with cardio.

### **Cardio can improve your sleep**

Fifty per cent of people struggle with sleep issues at some point. Cardio make you sleep more deeply for longer and even fall asleep more easily. In one study, people who suffered from chronic insomnia and who did light cardio in the evening fell asleep 54% faster and slept 37% longer than other groups.

So, there you have it - cardio works your body brilliantly, whatever particular exercise you choose to do. Since there is a wide array of different exercises you can do, why settle for the few you're familiar with when you can ramp up your weight loss with variation?

Mixing low and high intensity cardio workouts into your fitness routine will not only jumpstart fat burning, but it will also help your body become stronger. Studies show that regular cardio session of 25-45 minutes done 3 times a week is enough to transform your body in just 8 short weeks. But that's if you incorporate variety into your workout.

Aerobic exercises like running, cycling, and rowing are great for days when you have all the time you need to get a good burn. If you're looking for something more enjoyable, you can join group classes like dancing and aerobics. For the not so faint at heart, cross-fit could do the trick.

Here are some top cardio ideas:

Adult gymnastics

Aqua aerobics

Beginner's kick-boxing

Bikram yoga

Beach volleyball

Capoeira

Cross-fit

Flamenco

Hiking

Hula hooping

Ice skating

Jazz dancing

Just Dance computer game

Karate

Nordic Walking

Obstacle courses

Off-road mountain biking

Rock climbing

Rollerblading

Rowing

Salsa

Skiing

Skipping

Spinning to top tunes

Tae Kwon Do

Tap-dancing

Tango

Trampolining

Ultimate Frisbee

Urban dance

Water polo

Wii Tennis, Wii Fit etc.

Zumba

Whatever your choice of cardio, make sure to change it up every once in a while to keep your body in top fat burning mode.



## **TIP #6: GO GREEN!**

While the ordinary tea and coffee may not be great for us when drunk by the gallon along with milk and sugar, green tea and green coffee are a different proposition entirely. As for green juices, they can be a great help in weight loss.

Green tea, first: drinking green tea has been around ever since the first Chinese civilizations. Many centuries later, recent studies have shown that consuming it daily can be an effective means for the body to burn fat. In fact, it is a proven fact that green tea can help you lose weight more than any other drink apart from water. Drinking four cups of green tea a day helped people shed more than six pounds in eight weeks, as it was reported following a study in the American Journal of Clinical Nutrition.

This is because green tea contains catechin, a polyphenol that can stimulate fat loss naturally in your body. When you drink green tea, the catechin signals your body to release energy from glucose, and even from stored glycogen. This then improves your metabolism, as well as prepares the muscle for physical activity.

The best thing about green tea is that it increases your metabolic rate and prolongs thermogenesis in the most natural means possible, helping you to jumpstart weight loss.

Green tea is also packed with powerful antioxidants to keep your immune system strong and healthy. If you want energy and fat loss in one nifty package, make that switch from sugary drinks to green tea today and see the difference it makes on your body. Plus a nice, hydrating, warming mug of green tea and hot water has virtually zero calories and may suppress the appetite. To up your intake, you can even keep a jug of iced green tea in the fridge.

There is also green coffee, which is taken in the form of a supplement. One study found that people taking green coffee bean extract lost an average of 8.4% of their total body weight and 4.4% of their total body fat, all without making any changes to their diet.

Green coffee beans contain a substance called chlorogenic acid, which is believed to be responsible for the impressive weight loss effect. Most of the chlorogenic acid is removed when coffee is roasted which is why it must be extracted from the raw beans. It is certainly worth considering taking a high quality green coffee bean extract if you want to maximize your fat burning abilities.

The final way to 'go green' is by enjoying some healthy green juice now and then instead of a regular meal. This means real, totally fresh, homemade juice that includes leafy greens. Green juices have many proven health benefits. You may have been told many times as a child to 'eat your greens' – this is just a palatable way of drinking them and getting an intense hit of their natural goodness. There are so many green juice blends that you can try. All of them are bursting with nutrients and all of them taste delicious. To start you off, try these stunning nutrient boosters which can replace any breakfast or lunch. You will need a juicer, which is always a good investment.

## **GREEN JUICE 1:**

### **Kale Turbo-booster**

Kale is a dark green leaf which is full of calcium, antioxidants and super-healthy, purifying, detoxifying compounds, so drink up!

5 large leaves kale, torn into manageable pieces

1 lemon without the zest and pith

1 large apple

A thumb-sized piece of ginger

1 sprig of mint

### **Method:**

Place all the ingredients into your juicer and turn this into a delicious, natural long drink.

Enjoy one, two or ideally all three of these 'go green' drink tips and you will soon notice an amazing difference in your energy and your waistline!

## **GREEN JUICE 2:**

### **Spring Clean**

A great green juice. Spring green contain incredible amounts of Vitamin C, which is outstanding for supporting your immune system, plus vitamin K, to build bone strength.

They also contain natural plant chemicals with significant anti-cancer and anti-inflammatory properties, which could help protect against heart disease and stroke.

1 cucumber

2 Granny Smith apple

6 spring green leaves

2 celery stalks

1/2 lemon

1/8 fennel bulb

### **Method:**

Chop all the ingredients and peel the lemon. Place them in the blender and whizz into a lovely, fresh, nutrient-rich juice.

## **GREEN JUICE 3:**

### **Green Tonic**

Coriander has been used as a medicine and health tonic in the East for centuries. Enjoy this green health boost.

1 generous handful of coriander

2 cucumbers

2 Granny Smith apples

1 lime

**Method:**

Peel the lime and place along with the other ingredients into your juicer. Enjoy added vitamin C as well as all the health support of fresh coriander.

## **Tip #7: PROTEIN, PROTEIN, AND PROTEIN (INCREASE YOUR PROTEIN INTAKE)**

Losing weight doesn't just mean shedding the extra fat in the body. Unfortunately, most of the weight lost for a lot of people turns out to be due to muscle loss as well. If you want to prevent muscle loss from happening, you can try to increase your protein intake while you're trying to lose weight. The extra protein in your diet will help your body hold on to muscle while it sheds the fat. Remember, muscle burns 150% more calories than body fat, so we need to maintain muscle and eat healthy amounts of lean protein.

As humans, we were designed to eat plenty of protein in our diet, as we did when we were hunter gatherers during the Paleolithic era. This era came to an end when we started to become agricultural people and went from a primarily protein and whole food diet to one that emphasized grain and dairy.

This diet did our body no favors. The processed grains have a far higher glycemic index that triggers the body to convert their starch to carbs and to then store them as fat. The cheese and milk are saturated fat that do not provide the most beneficial proteins and which increase blood cholesterol.

What we know now is that historic records tend to show the arrival of issues like obesity, diabetes, and heart disease around the same time that we settled down and started farming. This is why the protein-based, Paleo diet has been so popular in recent years – it means eating the way that our bodies originally evolved to eat.

So – stock up on the protein. The great news is there are loads of protein-rich foods available on the market. From nuts to fish, eggs, and even tofu, you can create a variety of delicious meals from your favorite protein sources. In fact, to make life even easier, here is a list of some of the highest protein foods:

- Anchovies
- Canadian bacon

- Chicken breast
- Chorizo
- Corned beef
- Cottage cheese
- Edamame
- Eggs
- Greek yogurt
- Ground beef
- Halibut
- Jerky
- Lentils
- Milk, 2%
- Mixed nuts
- Navy beans
- Octopus
- Peanut butter
- Peas
- Pepperoni
- Pork chops
- Quinoa
- Sardines
- Soba noodles
- Sockeye salmon
- Soy milk
- Steak
- Swiss cheese
- Tilapia
- Tofu
- Turkey breast
- Wheat germ
- Yellowfin tuna

There really is so much tasty food to choose from. However, you can always simply start your day with a good old protein shake. This way, you'll get your fill of protein first thing in the morning. Buy a brand with no added sugar and that is fat free. While you're at it, make sure to cut back on empty calories like sweetened beverages. Protein-rich food

already has enough calories so there is no need to add unnecessary extra calories – instead, complement your protein with fiber in your meals, e.g. lean chicken breast and lots of green vegetables.

Don't forget: your body evolved to love this type of fuel and will work most efficiently when you give it a great protein boost.



## **Tip #8: HIBERNATE**

### **(SLEEP WELL)**

A University of Michigan study shows that getting one extra hour's sleep per night could help a person drop 14 pounds in one year. When you are sleeping it is true that you're not eating, but also lack of sleep has been proven to lead people to become hungrier and more prone to reaching for sugary, fatty, high-calorie snacks. Don't break your healthy eating patterns because you are over-tired.

The number of hours of sleep that each person needs to be rested varies according to the individual, by around one to two hours. Discover the sleep rhythm that suits you best and stick to it.

If you have trouble getting to sleep, then ensure your mattress is comfortable enough and that your bedroom is a peaceful setting for sleep. Try doing some stretches before bed, or soak in a hot shower. Also, turn off all screens (television, tablets, smartphones...) before going to bed, because they emit a light that blocks the production of melatonin, the sleep hormone. Sleep well, recharge your batteries and then face the day full of energy.

Think it makes no difference? Here are some essential facts about why regularly getting a bad night's sleep can make you fat:

- A faulty sleep pattern, meaning either too much or too little, plays a role in obesity and causes inflammation within the body. Inflammation may participate in the poor functioning of hormones and is the enemy of those who are trying to stay healthy and lose weight.
- A study in Sleep magazine tracked adults' belly fat over five years. People who slept five hours or less, or eight or more hours, per night gained more belly fat than those who slept between six and seven hours per night.
- In another study, just one poor night sleep, about 4 hours, was enough to significantly affect the effectiveness of insulin in the body. This means the body cannot metabolize carbohydrates and fats properly, which will make a weight problem worse.

- In fact, in one study, reducing the subject's sleep time from 8 hours to 6½ hours caused their metabolism of fat to fall by two-thirds.
- Ever noticed how after a bad night's sleep you seem more prone to eat sugary or carbohydrate-loaded foods like bread, cakes, cereals and pasta? This is due in part to the fact that lack of sleep causes raised levels of the "hungry" hormone ghrelin.
- Also it lowers levels of the hormone leptin, which tells you when you are full. Not great for when you are trying not to overeat.
- More bad hormone news when you don't get your beauty sleep. You may suffer from increased levels of the stress hormone cortisol. Excess cortisol in your system can cause the body to lay down more belly fat.
- Yet another study showed that preventing men from sleeping for just one night led to them eating significantly more the following day.
- As if all that were not bad enough, one final study showed that when we have slept badly, if we are going food shopping or visiting a restaurant the next day we tend to buy or order higher calorie items than when we sleep well.

So make sure that you are getting enough sleep if you are serious about staying in shape.

## **Tip #9: LOG IT**

### **(KEEP A WORKOUT LOG)**

Even if you're not the note-taking type, you should make an effort to record the daily progress of your workout. It is a simple and effective way of keeping motivated and staying on track.

All you have to do is record what you do. Start off with the type of exercises and sets, then work your way through the reps, and even the time you were able to accomplish each. Whatever you do, you have to be as accurate – and of course as honest with yourself – as possible.

Remember, no one else ever has to see it, but unless you stick to the exact exercise you have done there is no point in keeping the log.

Keeping a workout log may seem tedious in the beginning, but once you get the hang of it, you'll wonder how you were able to live without it for so long.

Keeping a workout log will help you improve your overall wellbeing in 2 ways. For one, it will help you assess your physical performance as you go along. You'll have a record of your best lifts and reps so you'll see just how far you've come along in your program. A workout log will also give you that much needed motivation to constantly improve your numbers.

You can use whatever format of workout log works for you. There are various free resources that you can take advantage of online, e.g. Google 'workout log' for a wide selection, or visit [www.workoutlog.com](http://www.workoutlog.com) to print one out, or you might simply prefer to stick to good old pen and paper.

Alternatively, you can go even more high tech and keep a personalized record of all your exercise, including calories burned and so on, by using a dedicate app, such as Gym Hero or Endomondo, perhaps even in conjunction with an activity tracking device like FitBit. The advantage of these state-of-the-art apps and deices is that they can be with you 24/7 and provide maximum accuracy and convenience.

However you choose to do it, high tech or low tech, do whatever it takes

to keep accurate records of your workouts. By studying your logs regularly, you'll be able to come up with specific ways to improve your workout. Instead of blindly following a program, you'll be able to personalize your workout according to your past performance. As a result, you stand an even better chance of improving your fitness and body shape.

## **Tip #10: TRY GARCINIA CAMBOGIA**

Many respected nutritionists and doctors have begun recommending that we should supplement a healthy diet with some all-natural Garcinia Cambogia, for an incredible fat-busting boost. Garcinia Cambogia is a small green fruit that is similar to a pumpkin. It is often used in Asian food where it is valued for its appealing sour flavor. It contains high concentrations of Hydroxycitric Acid (HCA) in its rind. HCA is a super-effective active ingredient that aids weight loss.

Several studies have shown that Garcinia Cambogia plays an important role in the regulation of fat metabolism. In other words, it can help prevent the liver from turning the sugar and carbohydrates in food into fat. This effect is specially attributed to the natural HCA content.

In addition, Garcinia Cambogia has been found to stimulate the production of serotonin, which encourages a feel-good factor. Serotonin also inhibits the production of the 'stress hormone' cortisol and can prevent the person concerned from wanting to over-eat. Great news for people who want to look and feel their best!

Various studies have found that Garcinia Cambogia extract are associated with both body weight reduction and fat loss in humans. According to study from Georgetown University Medical Center, people who took the Garcinia Cambogia supplement for 8 weeks lost an average of 16.5 pounds without additional diet or exercise.

Another study published in Nutrition Research found that people taking Garcinia Cambogia extract lost an average of 6.7 percent of their total body weight (12.3 percent of their total body fat) with no side effects whatsoever. Those are pretty amazing results for a little pumpkin-like fruit extract!

Simply put, Garcinia Cambogia blasts away excess fat. Not just muscle or water weight – it actually burns pure fat so that you can lose unwanted bulk without the need for additional dieting and exercise. Many ordinary users have reported losing 1 pound of pure fat per week.

Garcinia Cambogia is an amazing aid for dieters. It really helps you to keep your energy levels high, but at the same time you will be less hungry. Take a high quality supplement and you are like to find that pounds of fat will melt away and better still, the HCA in Garcinia Cambogia miraculously blocks the future formation of fat, by actually commanding the body not to make further fat. This brilliant factor puts paid to yo-yo weight gain forever. This is supported by the fact that you will still retain lean muscle mass for a strong, fit, healthy physique while trimming possible problem areas, like stubborn belly fat. Simply take the supplements as instructed – go for the high concentration, no additive kind – and prepare to burn fat faster.

## **Tip #11: DON'T OVERDO IT!**

Working out is fantastic and a real must for anyone who is serious about their health. It is great to be enthusiastic about working out, but it is very important not to set yourself up to fail by overdoing it.

One of the main reasons people give up easily on their workouts is that they try to take on too much early on. Many people tend to want to achieve so much on the first workout that they fail to consider whether their body can already handle the challenge. This is why, instead of pushing yourself early on, it would be better to start slowly but surely, then build up from there.

When you go running for example, common sense will tell you not to start off with marathons if you're a beginner. The same applies to all exercises – you gradually build up the number of reps, the intensity and the difficulty. When starting any muscle program, it's important that you keep your ego in check. Don't just set goals that you aren't physically capable of achieving just yet. Add weights as you go along, especially if you've never lifted a weight in your life.

It is also imperative that you take rest days, even though this may feel counter-intuitive at first. Rest days really are an absolutely essential part of any training regimen. While they may feel like a waste of time to you and make you worry that you won't build strength or lose weight fast enough, taking some regular time off will allow your body and mind to fully recover and grow.

Exercise takes its toll on the body and when you don't allow it to recover from high-intensity exercise, you do damage. Never taking a day off is a big mistake as you become more susceptible to injuries, muscle soreness, a depressed immune system, poor quality sleep, and a decrease in strength and performance. Extreme tiredness will also have a negative impact on your mood and motivation.

Take on the slowly but surely approach, steadily working your way towards your workout goals. With enough practice and time, you'll see a huge difference in your workouts. Remember, pacing yourself is just as

important as the number of sets you do and resting will ensure that you have enough sustained energy to keep up your fitness regimen for the longer term.



## **Tip #12: BINGE DRINK**

### **(DRINK PLENTY OF WATER)**

That means lots of it. Start the day with water, end the day with water; drink lots of water all day long. This has numerous benefits. It will flush out nasty toxins more effectively and keep you superbly hydrated. It will keep your metabolism and digestion firing on all cylinders. It will, critically, fill you up and quench your thirst.

The benefits of water for your health and fitness are immeasurable. Want to know exactly why?

Good old, H<sub>2</sub>O is terrifically important, but a frightening amount of people who are lucky enough to have easy access to clean, free-flowing supplies do not drink it in sufficient quantities. Or we load it up with sugar and chemicals and say it is 'improved'.

Don't believe the hype. Water always was and always will be the best drink on earth. In case you need reminding, here are a few scientific reasons why:

1. - Keeping Body Fluids Balanced for Optimum Health – The human body is made up of around 60% water. It is a fundamental part of us and without enough of it, vital functions start to falter – from digestion to the maintenance of body temperature. As we are constantly losing water through perspiration, respiration and excretion, we must top up our water levels regularly. So, stay hydrated.
2. - Proven to Help Control Calorie Intake – Whilst water isn't a magic potion (although it must surely be the closest thing to one), whenever you make the choice to drink it instead of a sugary, fatty or alcoholic beverage, you are making a choice that will help you with weight loss. Also, when you eat food or drink juices that contain lots of water they will fill you up much more.
3. - Supports Muscles for Exercise – Muscles tire without enough water. When exercising, it is vital to drink fluids regularly – around 17oz before and plenty during and after. A well-hydrated body is more efficient; it will burn energy better and repair muscles following exercise more effectively

too.

4. - Supports Kidney Function – Kidneys need generous amounts of water to help them in their vital role of excretion – and too little can result in kidney stones. Our cell's waste products include blood urea nitrogen, which the kidneys turn into urine to be passed out of the body. You can easily tell whether you are properly hydrated as your urine should be colorless and without odor. If not, drink more water.

5. - Supports Bowel Function – If you drink enough water you reduce the chances of experiencing constipation. A properly hydrated body, enables the gastrointestinal tract to work at its best, especially when plenty of fiber is consumed as well. A healthy end-to-end digestive system is vital for health and weight loss.

Simply drink plenty of water all day long. You may not be aware of it, but even the slightest dehydration can make you feel lethargic and weak. Without enough water, the body won't be able to function at its optimal level. You'll constantly feel tired even with a good night's sleep.

So next time you're feeling drained, drinking a tall glass of cool water might just do the trick. If you work in an office, always take plenty of trips to the water cooler – you will stretch your legs and refresh yourself too. If you're at home, you should constantly have a glass on the go – aim to drink 6-8 large glasses each day.

## **Tip #13: ALL ABOUT THE FORM**

### **(KEEP GOOD, BALANCED FORM)**

This is where it gets a bit tricky. You shouldn't be content with being able to execute exercises well. It's important that you also make an effort to maintain your balance. What you do for one side of the body, you should also be able to do for the other. This way, you'll be able to prevent muscle development imbalance and potential injuries.

So let's say if you're going to do some squats, make sure that you do some Romanian dead lifts as well. Bench press properly and evenly. If you are just starting out and want to get the perfect techniques, follow the instructions below:

#### **The Perfect Bodyweight Squat**

- Stand with your feet just slightly wider than shoulder-width apart, hips over knees and knees over ankles.
- Relax your shoulders and make sure they are not rounded or hunched.
- Reach your arms out straight so they are parallel with the ground, with your palms facing down.
- Inhale and bend your knees, unlocking your hips and dropping them slightly back as you lower your body towards the ground.
- Your butt will begin to stick out, but make sure your chest and shoulders stay upright, and that your back remains straight.
- Keep looking forward and try not to tense your back.
- You can lower your body so that your hips are lower than your knees, if comfortable.
- Finally, engage the core and exhale while powering back up into a standing position.

That's one rep.

## **Romanian Dead Lifts**

- Grasp barbell from rack or deadlift from floor with shoulder width to wide overhand grip.
- Stand with shoulder width or narrower stance.
- Lower bar to top of feet by bending hips. Bend knees during descent and keep waist straight so back is parallel to floor at lowest position.
- Lift bar by extending at hips and knees until standing upright. Pull shoulders back slightly if rounded.

That's one rep.

## **Bench Press**

- Start by keeping your head off the bench.
- As you keep your feet steady. Grab the bar and try to pull off your body away from the bench and forward.
- Notice that your lower back will be arched when you let your butt come down. Make sure to squeeze shoulder blades together to get that back worked out.
- If you're going to do stronger pressing, keep your range of motion shorter.

You can see how, these two popular types of exercises work different areas of the body in different ways and keep things balanced. In the same way, your chest exercises and back lift training should also be balanced. If you're avoiding overwhelming yourself in one workout, make sure that you do the corresponding exercise the same week.

Follow a ratio of 2 to 1 when planning your pulling – pushing exercises. Staying balanced is important in ensuring that your whole body has enough opportunity for development. It also prevents you from focusing

too much on moves that you've developed a personal preference for. Remember, mixing it up is the key to brilliant workouts and staying balanced will optimize their strength and effectiveness.

## **Tip #14: GO BROWN OR GO HOME (SWAP WHITE CARBS FOR WHOLE GRAINS)**

The key to staying energetic throughout the day is making sure that your blood sugar is always balanced. Having too much sugar or starchy carbohydrate in your diet can send your blood sugar on a spike, giving you more energy at first, but once that fades, you'll feel lower than when you first started. This rapid drop can leave you feeling tired, and if you do it a number of times in a day, it could make you feel exhausted by night time. It is the whole carb rush/crash that is incredibly bad for our health and which hinders weight loss.

It is best to avoid all refined sugar as much as possible, as well as the starchy carbs like bread, noodles, pasta, potatoes, baked goods, root vegetables like parsnips, and white rice. This is with good reason as they are not only highly calorific, but they will simply bloat you up and be converted straight into fat if you eat them in too great quantities. Starchy carbohydrate acts just like sugar in the body, causing that spike in the blood and causing a surge of insulin. As a result, the body is commanded to hold onto the calories as fat.

On the flip side, if you cut them out completely, then you can find that you simply put weight straight back on when you start eating them again.

So, for lasting benefits, swap to whole grains. You will find that this helps to curb your hunger and also keeps your metabolism burning brightly. Whole grains help regulate the release of fuel, allowing you to enjoy balanced and consistent energy throughout the day. When you eat whole grains, your glucose level stabilizes, preventing potential sugar spikes. The more grains you eat, the more your body becomes sensitive to insulin.

Moreover, when your body tries to break down whole foods your body burns twice as many calories. This is especially true when it comes to those foods which are rich in fiber, like oatmeal and brown rice. If you only consume processed foods, you lose this advantage, as well as lots of fiber and vital nutrients.

Since whole grains release energy at a slow and steady pace, whole grains don't turn into stored fat instantly. Want to enjoy unlimited energy? Then it's time to shift to whole grains for your carbohydrate needs. Here is a quick selection of popular whole grains that you can find at most supermarkets or health food stores:

Barley  
Brown rice  
Buckwheat  
Bulgur  
Corn (whole)  
Farro  
Freekeh  
Millet  
Oats  
Quinoa  
Rye  
Sorghum  
Spelt



Make them your main choice of carbohydrate and enjoy them alongside some lean protein, leafy greens, and a wide variety of other vegetables.

## **Tip #15: MORE MAGNESIUM-RICH FOOD**

One of the secrets to getting more energy is making sure that you get your daily dose of vitamins and minerals. But if you regularly find yourself too tired to do anything, then there's a big chance that you might have a magnesium deficiency. Studies show that magnesium is a crucial element in breaking down glucose in the body. So when magnesium levels are low, energy levels can significantly drop too.

It should be noted that the body needs this mineral to fuel around 300 biochemical reactions in the body. A deficiency in magnesium can lead to muscle spasms, cardiovascular disease, diabetes, heart attacks, high blood pressure, anxiety disorders, migraines and osteoporosis. So, if you don't make a conscious effort to increase your magnesium intake, you may be compromising your overall state of health.

Snack on a handful of nuts in the afternoon if you want to get an instant boost of energy to help carry you through your day. Almonds, cashews and hazelnuts make great snacks for when you're feeling a bit tired from the daily grind. A generous serving of fish, like halibut, can also give you all the magnesium you need for the day.

The good news is, you can easily get your fill of magnesium with just a few tweaks in your diet. Magnesium-rich foods include dark leafy greens such as kale, nuts, seeds, fish, beans, whole grains, avocados, yogurt, bananas, dried fruit and dark chocolate.

Alternatively, if eating your magnesium just isn't your thing, or if you are worried about getting the right levels of beneficial magnesium without taking in too many calories at the same time, you can always take supplements. Just make sure to get the recommended daily dose of 320mg for women and 400mg for men.

## **Tip #16: YOUR ENEMY THE ALCOHOL**

Many people are amazed to learn that up to 20% of the calories in the average Western diet come from what we drink. It is so easy to dismiss beverages as if they 'don't really count' but of course, when it comes to weight loss or staying fit, beverages absolutely do count as much as solid food. The trick to successful weight loss is to honestly take into account everything that you put in your mouth – so you can't simply forget about all the liquids! If you are interested in getting your body into the best possible condition, think twice before reaching for the alcohol, if this is something that you often do.

Alcohol is extremely high in calories and it supplies what nutritionists often refer to as empty calories, in other words calories without nutrition. One 175 ml glass of red and white wine contains around 120 calories, champagne contains around 130 calories and 12oz serving of beer contains around 150 calories. Alcohol essentially has 7 calories per gram versus sugar which has 4 calories per gram. Think about this fact next time you are wondering whether to have a glass of wine after work – you will be drinking something more calorific than an equivalent sugar solution. Amazing, and not in a good way!

If water hydrates, alcohol on the other hand, has the opposite effect. Drinking alcohol constantly doesn't just cut down on your mental processes, but it also prevents your body from experiencing deep sleep. And we all know deep sleep is what's needed for the body to fully recharge and recover from the day to day stress. If you don't experience deep sleep during the night, you're more likely to wake up with less energy the next day. Of course, you are no doubt very aware of the effect that too much alcohol can have on your liver...

Also, crucially, alcohol can seriously slow down your ability to burn calories through exercise. Our bodies try to get rid of alcohol as quickly as possible, which can get in the way of other processes such as burning fat and absorbing nutrients. When you drink, alcohol is the first fuel to burn

. While that is happening, your body will not burn fat, which delays weight loss. If you want to burn fat efficiently, lay off the liquor!

You do not have to go without it every day but choose light beers and stick to 11% wines like Chablis and Beaujolais on the occasions that you do want to drink alcohol. The rest of the time, drink a lot of water and green tea, as discussed in previous chapters.

## **TIP #17: WALK IT AWAY**

Sometime when your energy is lagging you just need a good afternoon walk. It may seem like counterproductive advice to get moving when you're already feeling exhausted, but studies show that the best way to increase energy levels is by subjecting your body to a quick walk around the block. Experts believe that increasing your physical activity, will not only give you energy, but it can also boost your mood.

Our bodies love walking. In nature, human beings are supposed to be active, nomadic people, wandering through forests and over plains, in search of food and shelter. Constant movement is central to our health and well-being. Yet we have become so sedentary today that the average person barely walks further than to the bathroom or kitchen.

No wonder these days there is such a thing called 'sitting disease'! Sitting disease is something that has been talked about more and more by cardiologists and other health specialists. The risks of sitting around all day have been judged to be as bad as smoking! One study found that women who sat over 6 hours a day were 94% more likely to die during the study period than women who sat less than 3 hours a day, and men were 48% more likely to die if they sat over 6 hours a day rather than less than 3. And here's the scary fact. These same results were true even of those who exercised!

You need to move about in regular period throughout the day – take the stairs, stretch your legs and go for an afternoon walk. Walking is so easy that just about anyone can do it. You don't need any special equipment or training or venue to get started. All you need is some comfortable shoes, and a bit of willpower to get yourself out there.

Research has shown that a 30-minute walk per day can help to:

- Reduce the risk of coronary heart disease
- Improve blood pressure and blood sugar levels
- Improve the levels of fat in the blood
- Help to control body weight and reduce the risk of obesity
- Reduce the risk of osteoporosis

- Reduce the risk of breast and colon cancer
- Reduce the risk of type 2 diabetes
- Improve your state of mind

Other studies show that even a brisk 15 minute walk can give you increased energy that will last up to two hours. Going on regular afternoon walks will improve your heart rate, pep up your metabolism, improve your overall energy levels, and lift your spirits. Plus, the fresh air will do you good after a stressful day at the office. Don't let yourself get cooped up especially when you start to feel your energy levels are slowly being depleted. You're not doing your body or your mind any favors by refusing to get out there. Get moving, stride out and enjoy a great, refreshing walk.

## **Tip #18: TOP UP YOUR CHROMIUM**

Chromium can often be overlooked in general health and fitness, but it is a very important trace mineral that helps to control of blood sugar. Tiny amounts of trivalent chromium can be great for you when you are watching your physique and weight, because it controls your appetite and helps you manage food cravings, especially for sugary foods. Chromium can help you lose fat while you build up lean muscle through your workouts, so it is a great partner in health and fitness.

This mineral has a vital role in the metabolizing fats and carbohydrates and fats, promoting cardiovascular health. Some scientists also believe that chromium helps to increase the body's sensitivity to insulin which is essential in the battle against excess fat.

What else can chromium do for you? Primarily, it's most distinctive action is to help switch fat to lean muscle. That's right – chromium is a miracle mineral if you want a body that is less fat and more muscle.

One US study tested over 150 people to see if they would lose fat just from taking chromium. After three months, the group taking the placebo showed no changes. The chromium group lost between 3.4 and 4.6 pounds of body fat. The chromium group also gained an average of 1.4 pounds of lean muscle. Not only were they lighter, they were given the added benefit of gaining muscles, which would also help them to burn more calories from then on!

Chromium is found in trace amounts in everyday foods like meat, poultry, fish, and whole-grain breads. However, when foods are processed, they lose a lot of their natural chromium; so many people are deficient in this exceptional trace mineral.

One food that is exceptionally rich in chromium is broccoli – 1 cup offer 53% of the recommended daily amount. Barley and oats also offer good amounts of chromium. However, the best thing to do to enjoy higher levels of beneficial chromium without fail is to take a chromium supplement. The current FDA-recommended daily chromium intake is 130 mcg. Enjoy taking a supplement each day, safe in the knowledge that

you are helping bust that fat and transform it into more of that great, lean muscle.



## **Tip #19: SAY BYE TO ANGER AND ANXIETY**

According to studies, subjecting yourself to constant anger and anxiety can zap your energy levels instantly. Anxiety makes use of so much energy that allowing yourself to get stressed by even the smallest of things, is enough to send you down a road of day-long fatigue.

Just like worry and fear, anger and anxiety can leave you physically and emotionally exhausted. Even if you've spent the whole day in bed, you really won't be in the mood to do anything. Chronic fatigue from stress can erode energy levels and affect your quality of life.

Also, you may suffer from increased levels of the main "stress hormone" cortisol. There is no question that stress of all kinds will add to weight problems. Chronic stress leads to excess secretions of cortisol. That in turn has many potentially dangerous side effects, such as thinning of the bones, stomach damage, water retention, skin conditions and hypertension, not to mention memory loss, depression and actual brain damage...yes, really!

But one major side effect is beyond question: too much cortisol can cause relentless weight gain. Excess cortisol can lead to fat being deposited in the belly area, which is bad news. Belly fat, is especially dangerous to health, being associated with heart disease and stroke, plus it is probably not a look you are going for. So, stress really can lead to weight gain, not just because it makes you eat more than usual but for actual, scientifically proven hormonal reasons.

Unless you deal with the stress, these hidden hormonal effects will remain beyond your control and prevent you losing weight as you would wish. So relieving stress and strain is in fact an important slimming intervention. It's something that you need to urgently address if you don't want it to affect you in the long run.

In order to deal with anger and stress, the best thing you can do is schedule bouts of relaxation in your schedule. Whether it's exercising, listening to music, or settling down with a good book, you'll feel a lot

better once you start doing things that you love.

Also, if you've been suffering from anxiety issues for quite some time now, it would be best to seek the help of a therapist. Once you've dealt with the baseline issue, it will be much easier for you to get back to your old energetic self. Let it all out to a trusted person and your body will ultimately benefit.

## **TIP# 20: MOVE IT ALL DAY LONG**

You may be stuck at a desk for the vast majority of the day, but you can still make calorie-burning differences with a few small changes to your behavior:

**Ditch emails on Friday:** Change the habits of a working lifestyle and walk over to your colleagues instead as once used to happen in every office, in the days when it was rare to be fat! If you are in a big office this is all the more reason to do it, you might really clock up some miles.

**Look for ways to fidget:** Researchers discovered that people who tap their feet, fidget, and move around more burn 350 extra calories a day—that's more than a major fast-food joint's cheeseburger! If you do not fidget naturally, just keep on getting up and moving around throughout the day, stretch, jump, bounce and dance around your home, to increase your calorie burn rate throughout the day.

**Use a standing desk:** A modern solution to the problem that millions of us who are stuck at a desk all day face. Essentially, this higher level desk is designed to be used while standing, which keeps you more active, toned and burning more calories as well. Alternatively...

**Sit down but use a Desk Stepper:** This is a clever machine that is becoming increasingly popular and is quite widely available. It simply goes under your desk while you remain seated. It works like a stair stepper and you tread on it while you do your normal day's work. The beauty of this is that it is not as conspicuous as a standing desk, but will still work off a decent number of calories – over 90 in 20 minutes. Well worth investing in this little piece of kit for less fat and more toned thighs.

**Have active meetings:** If your schedule includes lots of sitting through meetings every day, change it up. If just two of you are having an internal chat, well why not agree that you will stroll as you talk. You can cover some ground and it might even keep you more switched on and inspired for longer as the blood gets moving around.

**Make it a fitness-friendly office:** Don't sit with everything at arms'

length like most of us do, among a bank of computer screens. Try shaking things up a bit so that you simply have to move to carry out your job. Of course you may be busy, but fit, active people get more done in the long run, so it is worth the extra effort. One small example would be to move your trash right away from you so you have to walk back and forth to your desk. Better still, get rid of it altogether so that you have to go to another part of the building entirely. You may be astounded at how much office carpet you cover with this move. It does pay dividends.

**Have many water cooler moments:** Don't sit with a huge bottle of mineral water at your desk. No, I am not suggesting that you keep topping up with gallons of coffee instead! Keep a small glass handy and keep getting up to refill it at the water cooler which is hopefully a bit of a walk away. This might sound like a waste of time, but it is in fact a clever way of building in the regular breaks from your desks that doctors and health professionals agree are much better for your continued health. Plus you will keep yourself hydrated with nice, cool, fresh water.

**Get a Park Buddy:** At lunchtime, don't be tempted to hide behind your screen eating a sandwich and sitting still for the fourth hour in a row. Why not ask a friend if they would like to get some fresh air with you in the local park? It might just be that you go for a casual stroll or a brisk walk, or you might play some sports there even simply jumping after a Frisbee (great exercise) – whatever makes you happy and gets you moving.

## **Tip #21: DO SWEAT IT!**

That's right, time to really sweat it. Your workout exercises should certainly get pretty warm, but you can sweat even more than that! Why?

One major reason why your body is holding excess fluid and extra fat is due to a build-up of harmful toxins. Modern life is pretty toxic, so it can be pretty hard to avoid coming into contact with substances that poison our system – skin creams, alcohol, medicines and drugs, detergents, fragrances... we are bombarded with toxins every day, even before we take a mouthful of food that contains pesticides, additives, preservatives and other dubious, potentially carcinogenic substances. Smoker can multiply that damage by ten... Wouldn't it be great to stem the endless flow of toxins, even for just a while?

Well you can, as much as possible – view this as an opportunity. Drink the recommended amounts of water, work out and eat the right food. This will all help detoxify your system. Part of detoxing well includes getting a good sweat on.

Time to rediscover the pleasures of a great session in a sauna, or even to try it for the first time. You may already know that our skin is our largest organ and largely responsible, along with our liver and kidneys, for the elimination of toxins. We need to appreciate our ability to sweat and make the most of it. After all, sweat contains measurable amounts of toxins that have been safely removed from the tissues. Deep sweating in a sauna can help reduce levels of lead, copper, zinc, nickel, mercury and more - which are all toxins commonly absorbed just from interacting with our daily environment. The vast majority of doctors agree that saunas are excellent because they help to detoxify our overloaded systems. Remember, reduce your toxic load and it will encourage weight loss.

We instinctively know that sweating is good for us. When it doesn't occur in a situation that we find socially embarrassing, we can even relax and feel the impurities being drawn out of us, a great feeling of being cleansed. Sweating helps clear out nasty toxins and excess fluid and can be a great starting point for a healthier lymphatic system and a faster

metabolism.

So, why don't we spending more time sweating our troubles away? Well, not everyone has a sauna at home, or even in their nearest gym. But it would be great if you could start having at least a few sauna sessions.

Some people also find the high temperatures uncomfortable. However, they should be aware that there are now many more low temperature saunas. A typical sauna is anywhere from 160 – 180°F, but the less common “thermal chambers” are set to around 100 – 120°F, so you can realistically stay in there for much longer than the usual 15 minutes or so and therefore you will sweat more. More sweat, more depuration, or washing away of toxins. The toxins essentially get carried away by the water that our body produces, like rivers washing dirt and litter away. Sweat works in the same way.

In addition to the amazing detoxification capabilities of saunas, they also have some superb additional benefits:

### **Ease tension and stress**

Many people who frequently use saunas say that stress reduction is one of the very best benefits of using a sauna. As we looked at earlier, stress can be absolutely terrible for our health, not just making us eat more but also making our bodies more inclined to lay down fat deposits. In fact, the vast majority of diseases are stress-related at least in part. Bathing in the heat of a sauna can deliver excellent stress relief in a variety of ways. A sauna is a warm, quiet space, with muted lighting and no distractions coming from the outside. It is an easy place in which to forget about your troubles for a while. Meanwhile, the heat from the sauna relaxes the body's muscles, improves the circulation and stimulates the release of endorphins which are the body's natural feel-good chemicals. You may feel a warm, happy 'buzz' after a sauna, which is a great sign that you are doing good things for your body.

### **Relax muscles and soothe aches in joints**

In addition to providing sauna users with a happy buzz, endorphins can have a gentle, pleasurable "tranquilizing effect". This means that they can

help to reduce the pain of sore muscles after an intense physical workout. The body temperature also increases when you sit in the heat of the sauna. This makes the blood vessels dilate and increases blood circulation, which in turn speeds up the body's natural healing process.

So aches and pains are soothed more rapidly, minor bruises and cuts may be healed faster. Saunas are especially good after a workout. Following participation in physical activity, you can really benefit by using a sauna or steam room. The heat will reduce muscular tension and go a long way towards helping to eliminate lactic acid and other toxins. It will also maximize the feel-good factor that you experience after a workout, psychologically making you more likely to want to repeat the whole experience again soon.

## **Cleanse the skin**

Bathing in heat is one of the most ancient health practices. Native Americans and South American tribes had sweat lodges and their equivalents. The word sauna is an ancient Finnish word and the people of that country are well known for the practice of heat bathing – most houses have a sauna.

Heat has been used for centuries to cleanse one's skin. As the body begins to produce sweat after you spend a good amount of time in a sauna, the skin is then cleansed and dead skin cells are replaced which keeps your skin in good working condition. A thorough sweating helps to rinse the bacteria out of the epidermal layer and sweat ducts. Skin glows and looks cleaner, softer and often younger.

Yes, sweating keeps your skin young! When you sweat, a surge of fluid to the skin bathes skin cells with nutrients and even plumps up tiny wrinkles. Furthermore, the many nutrients and minerals in sweat are totally essential to maintaining the collagen structure of the skin, helping to prevent the breakdown that ultimately results in wrinkles and sagging. Sweating can even help with problem skin. It is not exactly a total cure for acne, but it can certainly help as it provides a deep cleansing process, cleaning the pores from the inside out. The process of regularly flushing waste out of the body through individual cells significantly helps to

revitalize and tone your skin all over.

### **Help you enjoy a deeper sleep**

Studies have shown that people who use saunas often enjoy a much deeper, more relaxed sleep. As well as encouraging the release of endorphins, body temperatures, which become higher during the late evening, tend to fall at around bedtime. There is an accompanying slow, relaxing decline in endorphins and this is very useful in facilitating sleep. Around the world and since mankind first bathed in heat, people have claimed that the experience causes them to enjoy a much deeper, calmer and more refreshing sleep.

### **Enjoy time out with friends**

There is a great social benefit to be gained from going to a sauna. If you wish, you can keep the sauna as a totally private and solitary experience. However, as is the case in many northern European cultures, as well as Turkey's *hammams* or 'Turkish baths', saunas can equally be enjoyed as a relaxing environment for spending social time with members of your family, or friends, or even making new friends. Many people like to sit in silence and let their mind roam, others choose to strike up a quiet conversation. The atmosphere in a sauna is fairly conducive sharing gentle chatter... or even secrets!

### **Give your heart a workout**

The high temperatures of a traditional or infrared sauna, heats up the skin and the core body temperature rises. As a response to the higher heat levels, all the blood vessels that are nearer to the skin dilate and your "cardiac output" increases.

This phenomenon is incredibly good for our health. Medical studies have revealed that under these sauna conditions your heart rate can rise from



60-70 bpm (beats per minute) to a much faster 110-120 bpm (or even 140-150 during much more intensive bathing). The heart rate then tends to sink to below normal after the cooling off stage. When we regularly use the sauna, we start to really train our heart muscles and improve the heart rate. Considering that this is a big factor in keeping us alive, that's a truly great thing!

In addition we also help the body's regulatory system. In order to increase the benefits of cardiovascular conditioning, it is a great idea to enjoy several short sessions in the heat of the sauna, broken up with a cool shower or a quick dip into a cool pool or lake in between. Every time that you suddenly and rapidly change temperature switching between hot and cold temperatures, your heart rate increases by as much as 60%, which is very comparable to the increase experienced during moderate exercise. Remember, your heart is the most important muscle and you will gain great benefits from working it out in a variety of ways, so make the sauna one of them.

## **Burn calories**

Here we go – a direct hit for those of us who want to drop a few pounds of fat and gain muscle instead. Saunas are definitely an enjoyable weight-loss support. Some people claim to have experienced very high rates of calorie burn at first – in particular those individuals who were in poor shape to begin with. However, rather than view them as a quick fix, it is far better to treat saunas as one of many ways in which we can torch off excess calories and have fun doing it too!

The actual process of sweating itself requires a certain amount of energy. That energy is derived from the conversion of fat and carbohydrates in a bodily process that burns up calories. According to U.S. Army medical research, a moderately conditioned person can easily sweat off 500 grams in a sauna in a single session, consuming nearly 300 calories in the process. The body consumes these calories thanks to the significant acceleration of heart rate. As heart activity increases and as these processes demand more oxygen, the body begins to convert more calories into usable energy. All that means is that when you sweat, you are

burning calories faster – fantastic when you have a bit of fat to get rid of!

## **Keep colds away**

European research has shown that saunas are remarkably powerful tools in helping to ward off colds and the flu. In one notable study, the incidences of these illnesses were significantly reduced. Why would that be?

When the human body is exposed to the heat of a sauna and hot steam, it starts to produce white blood cells more rapidly. These, in turn, help to fight illnesses and can also help to kill viruses. Plus, if you are past that point and are already displaying the symptoms of a cold, a good sauna session can offer relief. Sinus congestion from colds or allergies can be cleared - especially when eucalyptus is added to the steam-making water for added benefit and pleasure.

## **Just feel great!**

Saunas not only feel great, for all the above reasons, they are wonderful for your body. They are a really fantastic way to support your health and fitness regimen. All the changes that take place in your heart, skin, muscles and mind are incredibly beneficial and their powerful impacts have long-lasting positive effects on your body. Plus, the heat, the calm, the low light and the quiet can work wonders on your mood and condition – every regular sauna bather agrees that it feels totally great! Modern life can be so stressful, we need some reliably helpful and enjoyable retreats to enjoy to keep us well in both mind and body. What could be better than a warm, sitting, sweating, heart and skin workout which gives us a wonderful buzz and glow?

So, do get into having a good sauna. If you can, try to line one up straight after you have finished your workout as you will sweat even more. Alternatively, go straight from the office and relax in the heat – the

important thing is just to sweat! Do make sure you remember to shower thoroughly afterwards though, before you simply reabsorb the unwanted toxins. If you can do the 'hot/cold' sessions too, then you will really feel as if you are bursting with life after a short while.

For all these many reasons, saunas can play a really important part of any fitness regimen, boost your progress, making you feel good and even working as a super-healthy, no-cal, guilt-free, totally enjoyable reward for a great workout.

## Conclusion

First of all, I want to thank you for downloading this book and congratulate you for taking the first step towards your goals!

I hope this book was able to help you to give you better insight into how you can take better care of your body. Remember, there's no such thing as a hopeless case when it comes to fitness. With the right information and a positive outlook, it's possible to achieve all your fitness goals without having to resort to slimming pills or surgery. You can put your life back on track with the tips you have just read in this short guide.

So how do you put the information you just learned to good use? By sitting down to set some fitness goals and working your way around to achieving every single one. Don't render the information useless by not doing anything about it. Get out there, try it out yourself, and ask a few friends to work through the guide with you. As they say, sharing is caring!

To wrap it up, the best tip I can give you is to make small, realistic changes in your lifestyle, and to not attempt to change and do all these tips at once. Start with the easiest ones and work your way up until you do all of them.

## Final Words

Thank you again for showing your commitment in changing your life by taking this first step and purchasing my book.

You now have the necessary knowledge to achieve your health and fitness goals. Your next step is now to commit to yourself and take action by testing the tips and strategies in this book.

**If you enjoyed this book, please take a minute to share your positive thoughts in a review on the Amazon book page! I really appreciate these reviews as they help me spread the word of my work.**

Finally, I would invite you to check my other book, “Become a Genius” (#1 best seller, for memory improvement, self-help and education and references on Amazon.com). I believe that in order to be successful and happy there needs to be a balance between mind and body, and I am confident that these two books together will drastically improve both these aspects in your life. (more information and links to the book in the following pages)

**PS.** You can contact me at my personal email address and expect a quick response, as I reply to every email I receive!

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## **Preview Of:**

### **“Become a Genius: Secrets To Increase Your Brain Power, Speed Reading, Learning Efficiency, And Advanced Memory”**

Do you have a large desire to increase your brain power? And do you feel you have not yet reached your potential?

Have you ever read a book or an article that takes you a long time to finish and you feel you’ve wasted a lot of time on it, but you would like to read faster?

And it does not end there – your memorization ability isn’t at its best - right after finishing you cannot remember what you read, so you need to go back and read it once or even twice again, and waste more time.

This does not mean you’re not intelligent or talented. You are, and you have the potential to becoming a genius!

In this book you will find techniques on how to become a genius.

**Yes, a genius!**

### **What this book will NOT teach you**

No, you will not learn everything about physics, engineering or math. So you will not become Einstein, right away.

And no, I am also not going to tell you any of the generic advice that you have probably heard over a hundred times...

You will, however, become a “genius” by learning proven techniques that will drastically help you increase your brain power, memorization and speed reading capabilities.

But... How is this going to make me a genius?

Well, brain power refers to the overall capacity of the brain, not just the thinking aspect of it. The brain doesn't just think; it does a lot more functions such as handling:

- Intelligence
- Creativity
- Talents
- Consciousness
- Intuition

Therefore, if you commit yourself and practice these secrets I am about to tell you, you will be able to master these functions. Together, with an advanced memory and with speed reading skills, these secrets will help you reach your potential.

If reading faster, enhancing your memorization capacity, and increasing your brain power interests you...

Then scroll up and get your copy of this book NOW! I am ready to take you on an exciting journey to help you reach your learning goals with proven techniques on how to do it.

Here is a bird's eye view of the book:

### **Super Reading**

- Skim it
- Scan it
- Meta Guiding
- Rapid Serial Visualizations
- See it to Believe it

### **Boundless Memory**

- Repeat, Repeat, and Repeat
- Mnemonic
- Chunk it

### **Unleash Your Power**



- Map Your Mind
- Critical and Lateral Thinking
- Mental Stimulation

Don't wait any longer... Grab this book now!

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